

# BHS Outpatient Physical Therapy

BHS Outpatient Physical Therapy offers a team approach to treatment, creating an individualized program tailored to treat your specific needs and help you achieve your wellness goals.

**You will receive a comprehensive, individual evaluation by one of our physical therapists. We typically assess your strength, flexibility, functional ability, range of motion, sensation, neurological status, and look for muscle spasms and trigger points. Depending on your diagnosis, we may also assess your gait, coordination, balance or other relevant body systems.**

Your therapist will then design an individualized program to address any deficits found in the evaluation and begin a treatment program to address them. You'll also be given instructions on how to carry through with your therapy at home.



## Conditions We Treat

- Post-op total joint replacements and other orthopedic surgeries, including reconstructive surgeries
- Orthopedic, work and sports injuries
- Overuse disorders such as Carpal Tunnel Syndrome and Tennis Elbow
- Spinal disorders such as low back pain, cervical pain, spinal stenosis, post-op spinal surgeries, spinal disc disorders and Sciatica
- Arthritis and
- Balance and vestibular disorders
- Neurological conditions such as Stroke, Parkinson's Disease and Multiple Sclerosis
- TMJ
- Work conditioning

**For more information, contact us at  
724-284-4825.**

## BHS Outpatient Physical Therapy

### BALANCE THERAPY TOTAL JOINT REPLACEMENT PROGRAM

480 East Jefferson Street  
Butler, PA 16001

### AQUATHERAPY – BUTLER YMCA

339 North Washington Street  
Butler, PA 16001

**724-284-4825**

• [ButlerHealthSystem.org](http://ButlerHealthSystem.org)

Participating in most insurances including  
Highmark and UPMC health plans

## BHS Outpatient Physical Therapy

# Physical Therapy

Our goal is to provide the highest quality physical therapy available to our patients.

Our experienced and professional staff is committed to meeting all of your rehabilitation goals in a caring environment.



[ButlerHealthSystem.org](http://ButlerHealthSystem.org)



## AQUATHERAPY

Aquatherapy is physical therapy conducted in a warm water, therapeutic pool. The water and room temperature ranges between 88-90°, an ideal therapeutic temperature range. Chair-lift and stair access is available.

### Why Aquatherapy?

Aquatherapy is an excellent alternative for people who find regular physical therapy too painful or difficult. It can help people recovering or suffering from:

- Orthopedic-related surgery, including joint replacements
- Arthritis
- Conditions causing balance problems
- Any condition in which exercising on land is too painful
- Multiple trauma conditions

With the reduced joint compression on the spine and lower extremities in the water, people who otherwise would be unable to perform certain exercises, including aerobic exercise, can often do so.

Children with conditions such as cerebral palsy can also benefit from Aquatherapy.

### Benefits of Aquatherapy

Benefits of Aquatherapy include increased flexibility, strength and balance. Because of water's buoyancy, your body is "cushioned" and you feel less pain during exercising. Additionally, you won't need to worry about falling or aggravating an existing injury.

The gentle resistance of water reduces the likelihood of getting hurt, increases range of motion and strengthens weakened muscles.



## BALANCE THERAPY

Balance problems make it difficult to maintain stable and upright positions when standing, walking, and even sitting. The physical therapists at BHS Rehabilitation Services develop individualized physical activity plans to help improve strength, stability, and mobility.

### Why Balance Therapy?

Many people can benefit from a balance therapy management program, including those who experience:

- Head injury or stroke
- Injuries or infections affecting the inner ear
- Periods of dizziness or light-headedness, especially when making sudden movements
- Migraine headaches
- Visual impairments
- Lower body weakness or loss of flexibility, increasing susceptibility to falls
- Neurologic disorders
- Unsteadiness while walking

### Benefits of Balance Therapy

Our physical therapists will evaluate you and develop a custom exercise program. These exercises are geared toward helping you improve your balance by:

- Improving your gait pattern
- Improving lower limb and neck flexibility and strength
- Teaching you to compensate for visual, sensory, or inner ear deficits
- Decreasing symptoms
- Improving physical activity
- Improving functional ability



## TOTAL JOINT REPLACEMENT PROGRAM

Total joint replacement surgery is a big decision.

At BHS Outpatient Physical Therapy we strive in making your recovery and outcome following surgery as successful as possible. Getting you back to your lifestyle and activity is our number one priority! We work closely with the orthopedic surgeons and BHS Inpatient Rehab to achieve goals that get you back to your life as soon as possible. We provide personalized care and exercise programs that match your level of recovery and progression.

Your recovery from joint replacement surgery should start before the operation even takes place. Pre-operative physical therapy allows you to do that. Research shows that attending pre-operative physical therapy can help to reduce the amount of post-surgical care and lead to faster and more efficient recoveries.

### Benefits of the Total Joint Replacement Program:

- Meet your physical therapy team and learn important home exercises to get a head-start on your recovery
- Assess and identify balance impairments and improve balance prior to surgery to enhance safety
- Plan your post-operative goals with your physical therapy team
- Work hands-on with physical therapists and physical therapy assistants, at each session, to regain motion and strength, and improve transfers, gait, and overall function

We also offer aquatic physical therapy for patients after all areas have healed following surgery.

## YOU'RE IN GOOD HANDS



**Monica T. Pellegrino, DPT** is the Senior Physical Therapist and has been practicing Physical Therapy for the past 27 years. Monica holds a B.S. in Exercise Physiology from West Virginia University, an M.S. in Physical Therapy from Slippery Rock University, and a Doctorate in Physical Therapy from Chatham University.

Monica has extensive experience in evaluating and treating a variety of orthopedic and sport injuries and associated conditions. Along with administrative duties, Monica also provides direct patient care and treatment.



**Anita Terwilliger, Physical Therapist**, graduated with a B.S. in Physical Therapy from the University of Pittsburgh. Anita has extensive experience in the outpatient rehabilitation with over 30 years working exclusively with outpatients helping patients to recover from a variety of orthopedic, neurologic, and work

related injuries. She has advanced competency in treating balance and vestibular disorders, TMJ problems, and aqua physical therapy.



**Kristen Tascarella, Physical Therapy Assistant**, earned her A.S. from the University of Pittsburgh. Kristen works closely with the physical therapists to carry out the treatment plans that they have established. Kristen has over 19 years of clinical outpatient experience and has been a clinical instructor for many physical therapy assistant students. She also

has over 10 years of experience providing specialty care for neurologic conditions including: stroke rehabilitation, spinal cord injury and recovery, and balance and vestibular training.



**Joanna Tyndall, DPT** graduated from Coker College with a B.S. in Exercise Science and from Elon University in North Carolina with a Doctorate in Physical Therapy. Joanna has firsthand experience with sports and orthopedic injuries due to her participation in college athletics. Joanna is the newest member of our outpatient staff at BHS but comes to us

with a wealth of knowledge and special interest in treating back pain and disorders, balance and vestibular problems, and neurological conditions.



**Melissa Truman, Medical Secretary** keeps our department humming. She schedules patients, is knowledgeable of health insurance products and their requirements, answers the phone, types dictation and keeps the department on track.